



The Right Stuff for Dads with Daughters

- Listen to girls. Focus on what is really important — what she thinks, believes, feels, dreams and does — rather than just how she looks. You have a profound influence on how she views herself. Value your daughter for her true self, give her confidence to use her talents in the world.
- Encourage her strength and celebrate her savvy. Help her have The Right Stuff! Help her be the very best she can be! Help her learn to recognize, resist, and overcome barriers.
- Tell her that you love her for who she is. Growing girls need to eat often and healthy. Dieting may increase the risk of eating disorders and other health problems. Advertisers spend billions to convince her she doesn't look "right." Don't buy into it and explain to her that there are many beautiful, healthy body types. Urge her to love herself just the way she is. Help her to be healthy and feel good as she works within the body type with which she was born.
- Respect her uniqueness. See her as a whole person, capable of anything-and make sure she knows that's how you see her. Your daughter may choose a life partner who acts like you and has your values. So, treat her and those she loves with respect. That will help your daughter choose someone who respects and nourishes her long after she's left your home.
- Help her to be physically active. Play catch with her, or tag, jump rope, basketball, Frisbee, hockey, soccer, or just take walks... you name it! Help her learn all the great things she can accomplish. Playing sports can teach girls to set goals, learn perseverance and discipline. Physically active girls are less likely to get pregnant, drop out of school, or put up with an abusive partner. Studies show that the most physically active girls have dads who are active with them. Being physically active with her is a great investment!
- Get involved in your daughter's school. Volunteer, chaperone, read to her class. Respect her achievements. Ask tough questions, like: Does the school have and use an eating disorder prevention or body image awareness program? Does it tolerate sexual harassment of boys or girls? Do more boys take advanced math and science classes and if so, why? Are at least half the student leaders girls?
- Get involved in your daughter's activities. Volunteer to drive, coach, direct a play, teach a class-anything! Demand equality. Dads make a difference!
- Help make the world better for girls. This world does hold dangers for our daughters. But overprotection doesn't work, and it tells your daughter that you don't trust her and her abilities! Work with other parents to demand an end to violence against females, media sexualization of girls, pornography, advertisers making billions feeding on our daughters' insecurities and all "boys are more important than girls" attitudes.
- Take your daughter to work with you. Participate in every April's official Take Our Daughters to Work(r) Day and make sure your business participates. Show her how you pay the bills and manage your money. Your daughter will have a job some day, so introduce her to the world of work and finances!
- Talk to other dads. When you share your commitment to make the world respect and nurture our daughters, you'll be amazed at how many other dads agree. There's a lot we can learn from each other. And we can have a lot of influence when we work together for our daughters' sakes.

Reference

"10 Tips for Dads with Daughters," Girl Power Campaign, National Clearinghouse for Alcohol and Drug Information, Center for Substance Abuse Prevention (CSAP), Substance Abuse and Mental Health Services Administration (SAMHSA), Department of Health and Human Services (HHS)

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